

Big Nine Conference Cross Country Championships 2023

Note : * Starting at 3:25**

Location: Brooktree Golf Course, Owatonna, MN

Date: Tuesday, October 17th

Race Times: The order of the races will remain the same for future years.

2:30 Course opens for inspection

3:00 Coaches Meeting

3:25 Varsity Girls—5,000 Meters (Max of 7 Entries)

3:55 Varsity Boys—5,000 Meters (Max of 7 Entries)

4:25 Junior Varsity Girls—5,000 Meters (Unlimited Entries)

5:00 Junior Varsity Boys—5,000 Meters (Unlimited Entries)

5:45 Team and Individual Awards

1-17 all conference for Boys (Top 7 receive medals) -18 to 25 are Honorable Mention

1-17 all conference for Girls (Top 7 receive medals) -18 to 25 are Honorable Mention

Coaches and Boys of Championship Team

Coaches and Girls of Championship Team

Only the runners who are eligible to participate under the MSHSL rules may run in the varsity races. **Rosters must be entered on the website <http://www.athletic.net> according to the directions in the email with this letter. Please make sure to adjust your roster for runners who will actually be running (we get charged for each bib and chip assigned even if they don't run)**

Your school will be notified by telephone prior to 11:00 A.M. on the day of the race if the meet has to be postponed due to inclement weather. The alternative meet day is the Wednesday of the same week.

Coaches, please inform all of your team members that they are to **stay off residential property** adjoining the course. Also, they must not walk, jog, or run on any of the putting surfaces or sand areas. We would like to keep the course in as good of shape as possible for the Section 1AAA meet.

Two golf carts will again be used for each race. One will go ahead of the runners, and one will stay behind the last runner and assist any injured participants. The course will be clearly marked. Runners who gain an unfair advantage over other competitors by deviating from the race lanes will be disqualified. **The course will be marked with a double line at least five feet wide.**

Runners must stay within the marked path. Course guards are positioned at critical areas and are instructed to report the numbers of any runners who "cut."

Teams with identical scores will have the tie broken by looking at the finish of the 6th runner for each team. If a team does not have a 6th runner, they automatically receive a lower meet finish position to the team with a 6th runner.

Contestant number & Chip: Assigned numbers must be worn on the front of the contestant's jersey. **The number must be securely pinned on the outside of the contestant's shirt at chest level on the front, right side up.** We will supply you with safety pins this year and the chip for timing is in the bib. **You only need to return the bibs of runners that did not run** – put them in the bag they came in and return the bin to the check-in area.

Finish Chute: Chip timing with the chips in the bib will be used and interfaced with cameras to determine placement. The finish line is moved back this year so make sure your runners completely cross the mats in the finish area. **Instruct runners to clear out of the finish area immediately and not to block the exit.**

Contact Dave Chatelaine. davidjchatelaine@gmail.com or (507-213-3181) if you need directions or have questions.

The bins with your bibs and chips may be obtained at the official's truck (Toyota Highlander) only after your team has claimed one of the camp areas west or east of the finish chute. Do not go outside the cart path. Tents are allowed only if the stakes have shallow penetration and leave no unsightly marks. **Please remember to leave your camp area free of litter before you leave.** We will be following the uniform rules and MSHSL policies so please make sure all of your runners are properly dressed. See rule 4-3 in the Track and Cross Country rules book.

Coaches are responsible for your team's compliance to the uniform rules. Please check your runners before they get to the starting line.

Lane Assignments: Randomly chosen by the meet officials.

Boys and Girls will have the same lane number:

1. Mankato West
2. Owatonna
3. Rochester John Marshall
4. Mankato East
5. Red Wing
6. Northfield
7. Winona
8. Rochester Mayo
9. Austin
10. Faribault
11. Albert Lea
12. Rochester Century

A certified athletic trainer will be available for all races. He/she will be stationed near the end of the finish chute.

Call Marc Achterkirch (444 - 8988) or Dave Chatelaine at (507-213-3181) if you have any questions about the meet. Marc and I can tell you what you need to know.

Meet Manager,
Dave Chatelaine
davidjchatelaine@gmail.com